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Olympic Wushu, Fencing, and Bodybuilding: Competition & 6×6 Program

Wushu (Olympic/Competition Format)

- Wushu competitions include *taolu* (routines) and *sanda* (sparring).
- *Taolu* events are judged on difficulty, movement quality, and overall performance, with compulsory and optional routines depending on age and event[1] [2].
- Group events (*jiti*) require at least 6 participants, emphasizing synchronization; time limits vary by routine type, typically 1–4 minutes[2] [3].

Fencing (Olympic/Competition Format)

- Olympic fencing includes three weapons: foil, épée, and sabre.
- Matches are structured as individual or team bouts, with points scored for valid touches.
- Bouts are fast-paced and demand agility, precision, and tactical skill.

Bodybuilding 6×6 Program

- The 6×6 bodybuilding workout involves 6 sets of 6 reps across 6 exercises, often used for full-body training[4].
- Typical structure:
  - 6 sets x 6 reps per exercise
  - Short rest intervals (~45 seconds)
  - Focuses on muscle hypertrophy, strength, and endurance

Sample 6×6 Full-Body Workout

- Squat
- Bench Press
- Deadlift
- Pull-Up or Lat Pulldown
- Barbell Row
- Overhead Press

This style of training is popular in competitive bodybuilding for building muscle density and improving work capacity[4].

Summary Table

Sport	Competition Format	6×6 Program Role
Wushu	Routines, group/dual events, judged	Not typical

Sport	Competition Format	6×6 Program Role
Fencing	Individual/team bouts, scored	Not typical
Bodybuilding	Posed competition, judged physique	Muscle-building method [4]

For bodybuilding, the 6×6 program is a proven approach to increase muscle mass and strength, while wushu and fencing focus on skill, technique, and performance in their respective competitions.

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1. https://en.wikipedia.org/wiki/Wushu_(sport)
2. https://iwuf.org/wp-content/uploads/2020/03/IWUF-Wushu-Taolu-Competition-Rules-Judging-Methods-Excerpt-2019.pdf
3. https://gowushu.com/wp-content/uploads/2025/02/2025-English-Regulation-Update.pdf
4. https://t-nation.com/t/6×6-workout/75503